

# GRAPES from California

## Add 'Em In

### Easy Ways to Eat More Fruits and Veggies

You know you should be eating more fruits and vegetables as part of a healthy diet. The question is, how do you do it?

#### Bountiful Benefits

Eating a diet rich in fruits and vegetables is one of the best things you can do to promote good health. Research shows that people who eat fruits and vegetables as part of an overall healthy diet have a lower risk of heart attack, stroke and certain types of cancer. The different nutrients in fruits and veggies – like fiber, vitamins A and C, potassium and folate – may play a role in helping to lower blood pressure, reduce risk for obesity and type 2 diabetes and more. Plus, since most fruits and veggies are lower in calories compared to other foods, they're a great choice to help manage your weight.

#### How Much Do I Need?

Getting the recommended amount of fruits and vegetables isn't as hard as you think. Most people – kids and adults alike – need 1½ to 2 cups of fruit and 2 to 3 cups of vegetables daily. Make it simple by putting the focus on filling half your plate at every meal – breakfast, lunch and dinner – with fruits, vegetables or a combination of them, and including fruits and veggies as snacks. You'll be surprised how quickly you'll reach your goal!



Try these deliciously easy ways to boost fruits and veggies in your diet:

#### At Meals

- Shred carrots or zucchini into meatloaf, muffins and casseroles.
- Fluff brown basmati rice with roasted grapes, ginger and basil for a fruit-studded side dish.
- Skewer a mix of marinated veggies and beef or chicken and grill. Or be daring and sub pineapple chunks, peaches and grapes in place of the vegetables.
- Mix halved grapes or diced apple into tuna or chicken salad.
- Top your breakfast cereal or yogurt with fresh fruit.

#### At Snacks

- Keep a bowl of fresh fruit on the table and cut up veggies in the fridge for easy pickings.
- Enjoy frozen grapes for a refreshing midday pick-me-up.
- Spread crunchy peanut butter on apple slices.
- Make an English muffin pizza and create a face using veggies—a kid favorite!
- Toss whole grapes into the blender with yogurt, banana, a handful of spinach, a splash of fruit juice and some other fruits for a stellar after-school smoothie.

#### Super Easy

- Pre-cut veggies and bagged salad greens make salads and side dishes a snap.
- There's no easier snack choice than a cluster of grapes: no peeling, no coring, no prep. Simply rinse and enjoy.
- Keep canned fruits (packed in their own juice) and bags of frozen fruit on hand.

To learn more about Grapes from California visit [www.GrapesfromCalifornia.com](http://www.GrapesfromCalifornia.com)

or visit us on

